**Health Buddies**

**What are Health/ Appointment Buddies**

Health buddies are pairs or small groups of individuals who come together to support each other in pursuing healthier lifestyles. This can include physical health, mental wellbeing, nutrition, fitness or managing chronic conditions. The idea is to create a support system that makes it easier to stay motivated and accountable for health goals.

Health Buddies are a powerful way to enhance health and well-being through social support. Whether in person or online, these partnerships help individuals stay committed to their health goals, improve outcomes and enjoy the journey towards a healthier lifestyle.

**Roles and responsibilities of Health Buddies:**

1. **Mutual support:** Buddies provide emotional and practical support to each other, helping to stay motivated and overcome challenges.
2. **Accountability:** Regular check- ins ensure that each person is sticking to their health commitments, such as exercising regularly, eating healthily, or adhering to a treatment plan.
3. S**hared Resources:** Buddies can share information, tips, and resources, such as healthy recipes, workout routines, or mental health practices.
4. **Encouragement:** Offering positive reinforcement, celebrating each other's successes, and providing encouragement during setbacks.
5. S**etting Goals Together:** Health Buddies often set shared or individual goals and work together to achieve them, such as losing weight, reducing stress, or improving fitness.
6. **Monitoring Progress:** Tracking progress toward health goals, either through shared apps, journals, or regular discussions.

**Benefits of Health Buddies:**

1. **Increased Motivation:** Having someone else invested in your success can significantly boost motivation, making it more likely to stick with health initiatives.
2. **Enhanced Accountability:** Its harder to skip a workout or indulge in unhealthy habits when someone else is counting on you.
3. S**ocial Connection:** Health Buddies foster a sense of community and belonging, which is essential for mental well-being.
4. **Better Outcomes:** Studies have shown that people who engage in health programs with a buddy.
5. **Learning and Growth:** Buddies can learn from each other’s experiences and knowledge, leading to more informed health choices.
6. **Fun and Enjoyment:** Health activities can become more enjoyable when shared with others, reducing the sense of effort or sacrifice.

We are looking for caring and motivated Client Support Health Buddies to join Holbeck Togethers volunteering team. In this role you will provide essential support to clients who require assistance with attending medical appointments. This may include accompanying them via public transport or taxis, offering encouragement, and helping them access our services. You will also play a key role in fostering social connections among our clients, helping them to make friends and feel more integrated within the community.

* Accompanying clients to medical appointments, ensuring they arrive safely and on time.
* Assist clients in navigating public transport or arranging taxis as needed.
* Provide encouragement and reassurance to clients who may be anxious about attending appointments or accessing services.
* Support clients in engaging with our services and programs.
* Facilitate social interactions among clients, helping them to build friendships and a sense of community.
* Maintain accurate records of appointments and client interactions.
* Communicate effectively with clients, their families and healthcare providers.

**Skills**

* Previous experience in a support, care or community- focused role is preferred.
* Excellent interpersonal and communication skills.
* Compassionate, patient and empathetic nature.
* Ability to work independently.
* Reliable and punctual.
* Basic understanding of public transport system
* Ability to maintain confidentiality and handle sensitive information with care.

**Why join us?**

* Be part of a supportive and dedicated team
* Make a meaningful difference in the lives of others
* Flexible hours
* Opportunities for training and professional development

If you are passionate about making a positive impact in the community and have the skills we are looking for, we would love to hear from you!

Please contact Laura, Volunteer Coordinator at [laura@holbecktogether.org](mailto:laura@holbecktogether.org) on 01132455553